



What is WIC?

The Nebraska Women, Infants and Children Nutrition Program (WIC) provides healthy food at no cost and breastfeeding and nutrition information to help keep pregnant women, infants and children under five, healthy and strong.

Chadron . . . 1-800-717-1231 or (308)432-8979
 Columbus . . . 1-800-395-7862 or (402)564-9931
 Fairbury . . . 1-866-907-4014 or (402)729-2278
 Fremont . . . 1-888-727-9008 or (402)727-9008
 Gering (308)632-2540
 Grand Island (308)385-5188
 Kearney . . . 1-877-803-1712 or (308)865-5375
 Lincoln Family Service (402)441-8655
 Linc/Lanc Co Health Dept (402)441-6200
 Loup City . . 1-800-736-7491 or (308)745-0780
 Norfolk (402)844-4422
 North Platte . 1-800-395-7336 or (308)534-1678
 Omaha (402)444-1770
 O'Neill . . 1-800-279-3503 or (402)336-4298x12
 South Sioux City (402)494-1429
 Tecumseh . . . 1-877-691-8381 or (402)335-2988
 Wisner 1-877-529-2207 or (402)529-5313

Healthy **KIDS**



Strong **PARENTS**

If you are eligible, you will receive checks to buy foods such as:

- Fresh fruits and vegetables
- 100% whole wheat bread, brown rice or tortillas
- Dried or canned beans
- Milk
- Cereal
- 100% fruit juice
- Cheese
- Peanut butter
- Eggs
- Tuna or salmon
- Baby food fruits and vegetables
- Iron fortified baby cereal
- Infant formula

1-800-942-1171

WIC is available in over
 110 clinics across Nebraska.
 Call to find the site nearest you.

www.dhhs.ne.gov/wic/



WIC is an equal opportunity provider.

This publication can be made available in other forms for persons with disabilities. To request accessible formats, call 402-471-2781, TDD 402-471-9570. ADA/EOE/AA AUGUST 2010





Healthy **KIDS** Strong **PARENTS**



BREASTFEEDING SUPPORT

Breastmilk is best for baby. Our helpful staff can offer support, education and answer all your questions about breastfeeding.

NUTRITION EDUCATION

The WIC foods are specifically designed to provide vitamins A & C, iron, calcium, protein, fiber and whole grains. In addition WIC provides counseling on how to shop healthy and use your WIC foods. Learn how to eat healthy during your pregnancy and how to feed your children.

HELPFUL REFERRALS TO OTHER RESOURCES AND PROGRAMS

WIC can connect you with other important programs and services commonly needed by families with young children: doctors, health centers, clinics, dentists, immunizations, SNAP, ADC or Medicaid.



WHO IS ELIGIBLE FOR WIC? YOU ARE ELIGIBLE IF:

- You live in Nebraska
- You are pregnant, breastfeeding, or recently had a baby
- Infants and children under 5 years of age
- Have a nutritional risk
- Your gross household income is less than or equal to the income guidelines listed
- You are automatically eligible for WIC if you currently receive ADC, SNAP (food stamps), Kids Connection or Medicaid
- Fathers, guardians or foster parents may apply for WIC for their children

Let WIC work wonders for your family

TOTAL INCOME GUIDELINES (Gross Income)

Household size	Yearly	Monthly	Weekly
1 person	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,317
Each additional member add	+\$6,919	+\$577	+\$134



Referrals



Healthy Food



Nutrition Education



Breastfeeding Support